



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09111, Grapefruit, raw, pink and red and white, all areas

Report Date: June 30, 2017 10:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:50% Refuse Description: Peel, seeds, core, and membrane

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 large (approx 4-1/2" dia) 166g	0.5 medium (approx 4" dia) 128g	0.5 small (approx 3-1/2" dia) 100g
Proximates								
Water	g	90.89	56	0.048	209.05	150.88	116.34	90.89
Energy	kcal	32	--	--	74	53	41	32
Energy	kJ	134	--	--	308	222	172	134
Protein	g	0.63	51	0.009	1.45	1.05	0.81	0.63
Total lipid (fat)	g	0.10	--	--	0.23	0.17	0.13	0.10
Ash	g	0.31	49	0.005	0.71	0.51	0.40	0.31
Carbohydrate, by difference	g	8.08	--	--	18.58	13.41	10.34	8.08
Fiber, total dietary	g	1.1	--	--	2.5	1.8	1.4	1.1
Sugars, total	g	6.98	--	--	16.05	11.59	8.93	6.98
Minerals								
Calcium, Ca	mg	12	49	0.265	28	20	15	12
Iron, Fe	mg	0.09	35	0.004	0.21	0.15	0.12	0.09
Magnesium, Mg	mg	8	97	0.313	18	13	10	8
Phosphorus, P	mg	8	50	0.376	18	13	10	8
Potassium, K	mg	139	73	2.089	320	231	178	139
Sodium, Na	mg	0	36	0.028	0	0	0	0
Zinc, Zn	mg	0.07	1	--	0.16	0.12	0.09	0.07
Copper, Cu	mg	0.047	49	0.002	0.108	0.078	0.060	0.047
Manganese, Mn	mg	0.012	48	0.001	0.028	0.020	0.015	0.012
Selenium, Se	µg	0.3	--	--	0.7	0.5	0.4	0.3
Fluoride, F ¹	µg	1.0	9	--	2.3	1.7	1.3	1.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 large (approx 4-1/2" dia) 166g	0.5 medium (approx 4" dia) 128g	0.5 small (approx 3-1/2" dia) 100g
Vitamins								
Vitamin C, total ascorbic acid	mg	34.4	49	0.710	79.1	57.1	44.0	34.4
Thiamin	mg	0.036	49	0.001	0.083	0.060	0.046	0.036
Riboflavin	mg	0.020	--	--	0.046	0.033	0.026	0.020
Niacin	mg	0.250	49	0.007	0.575	0.415	0.320	0.250
Pantothenic acid	mg	0.283	--	--	0.651	0.470	0.362	0.283
Vitamin B-6	mg	0.042	33	0.002	0.097	0.070	0.054	0.042
Folate, total	µg	10	52	0.753	23	17	13	10
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	10	52	0.753	23	17	13	10
Folate, DFE	µg	10	--	--	23	17	13	10
Choline, total	mg	7.7	--	--	17.7	12.8	9.9	7.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	46	--	--	106	76	59	46
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	552	--	--	1270	916	707	552
Carotene, alpha	µg	4	--	--	9	7	5	4
Cryptoxanthin, beta	µg	6	--	--	14	10	8	6
Vitamin A, IU	IU	927	--	--	2132	1539	1187	927
Lycopene	µg	1135	--	--	2610	1884	1453	1135
Lutein + zeaxanthin	µg	6	--	--	14	10	8	6
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	0.30	0.22	0.17	0.13
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Lipids								
Fatty acids, total saturated	g	0.014	--	--	0.032	0.023	0.018	0.014
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 large (approx 4-1/2" dia) 166g	0.5 medium (approx 4" dia) 128g	0.5 small (approx 3-1/2" dia) 100g
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000
16:0	g	0.012	--	--	0.028	0.020	0.015	0.012
18:0	g	0.001	--	--	0.002	0.002	0.001	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.030	0.022	0.017	0.013
16:1 undifferentiated	g	0.001	--	--	0.002	0.002	0.001	0.001
18:1 undifferentiated	g	0.012	--	--	0.028	0.020	0.015	0.012
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055	0.040	0.031	0.024
18:2 undifferentiated	g	0.019	--	--	0.044	0.032	0.024	0.019
18:3 undifferentiated	g	0.005	--	--	0.012	0.008	0.006	0.005
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Tryptophan ^{2 3}	g	0.006	--	--	0.014	0.010	0.008	0.006
Threonine ^{2 3}	g	0.011	--	--	0.025	0.018	0.014	0.011
Isoleucine ^{2 3}	g	0.007	--	--	0.016	0.012	0.009	0.007
Leucine ^{2 3}	g	0.012	--	--	0.028	0.020	0.015	0.012
Lysine ^{2 3}	g	0.016	--	--	0.037	0.027	0.020	0.016
Methionine ^{2 3}	g	0.006	--	--	0.014	0.010	0.008	0.006
Cystine ^{2 3}	g	0.006	--	--	0.014	0.010	0.008	0.006
Phenylalanine ³	g	0.038	--	--	0.087	0.063	0.049	0.038
Tyrosine ^{2 3}	g	0.006	--	--	0.014	0.010	0.008	0.006
Valine ^{2 3}	g	0.012	--	--	0.028	0.020	0.015	0.012
Arginine ^{2 3}	g	0.070	--	--	0.161	0.116	0.090	0.070
Histidine ^{2 3}	g	0.006	--	--	0.014	0.010	0.008	0.006
Alanine ^{2 3}	g	0.020	--	--	0.046	0.033	0.026	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 large (approx 4-1/2" dia) 166g	0.5 medium (approx 4" dia) 128g	0.5 small (approx 3-1/2" dia) 100g
Aspartic acid ^{2 3}	g	0.111	--	--	0.255	0.184	0.142	0.111
Glutamic acid ^{2 3}	g	0.160	--	--	0.368	0.266	0.205	0.160
Glycine ^{2 3}	g	0.012	--	--	0.028	0.020	0.015	0.012
Proline ^{2 3}	g	0.051	--	--	0.117	0.085	0.065	0.051
Serine ^{2 3}	g	0.022	--	--	0.051	0.037	0.028	0.022
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD